

# Breakfast Menu



September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cranberry Oatmeal Round Apple Sauce Whole Fruit 2 1% White Milk Fat Free White Milk	2 Chicken Sausage & Pancake w/ Syrup Whole Fruit 100% Fruit Juice 2 1% White Milk Fat Free White Milk	3 Pan Dulce Apple Jacks w/ Granola Green Apple Whole Fruit 2 1% White Milk Fat Free White Milk
6	7	8 Mantecada Sweet Bread Pear Whole Fruit 2 1% White Milk Fat Free White Milk	9 Breakfast Cheese Tamale Whole Fruit 100% Fruit Juice 2 1% White Milk Fat Free White Milk	10 Pineapple Empanada Green Apple Whole Fruit 2 1% White Milk Fat Free White Milk
13 Cereal w/ Honey Grahams 100% Fruit Juice Whole Fruit 1% White Milk Fat Free White Milk	14 Bean & Cheese Burrito Orange Whole Fruit 1% White Milk Fat Free White Milk	15 Frosted Mini Wheats w/ Strawberry Graham Apple Sauce Whole Fruit 2 1% White Milk Fat Free White Milk	16 Egg & Cheese Sandwich Whole Fruit 100% Fruit Juice 2 1% White Milk Fat Free White Milk	17 Mini Soybutter & Jelly Sandwich Green Apple Whole Fruit 2 1% White Milk Fat Free White Milk
20 Coffee Cake 100% Fruit Juice Whole Fruit 1% White Milk Fat Free White Milk	21 Mini Banana Pancakes Orange Whole Fruit 1% White Milk Fat Free White Milk	22 Fruit Yogurt Parfait Granola Pear Whole Fruit 2 1% White Milk Fat Free White Milk	23 Chicken & Waffle w/ Syrup Whole Fruit 100% Fruit Juice 2 1% White Milk Fat Free White Milk	24 Strawberry Muffin Whole Fruit Whole Fruit 2 1% White Milk Fat Free White Milk
27 Cinnamon Delight 100% Fruit Juice Whole Fruit 1% White Milk Fat Free White Milk	28 French Toast Orange Whole Fruit 1% White Milk Fat Free White Milk	29 Cranberry Oatmeal Round Apple Sauce Whole Fruit 2 1% White Milk Fat Free White Milk	30 Chicken Sausage & Pancake w/ Syrup Whole Fruit 100% Fruit Juice 2 1% White Milk Fat Free White Milk	

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk. This institution is an equal opportunity provider.



# Lunch Menu



## September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Nuggets w/ Mashed Potatoes & Cheez Its Crackers HS Plant-Based Chicken Tuscan White Bean Salad Banana Whole Fruit	2 Baked Ziti w/ Meat Sauce & Dinner Roll BBQ Plant-Based Chicken Tenders w/ Potato Wedges & Dinner Roll Baby Carrots Whole Fruit Orange	3 Turkey Ham & Cheese Croissant Cheese Enchiladas w/ Red Sauce Mixed Green Salad w/ Ranch Whole Fruit
6	7	8 Meatloaf Mash & Gravy & Dinner Roll Chicken Nuggets & Mash Plant- Based Chicken Tenders w/ Mash Pinto Bean Salad Whole Fruit Banana	9 Chicken Burrito Bowl w/ Whole Grain Dessert Hummus & Cheese Wrap w/ Veggie Dipper Baby Carrots Whole Fruit Orange	10 Meatball Sub Sandwich Beef, Bean & Cheese Burrito House Salad 100% Fruit Juice Whole Fruit
13 Cheeseburger w/ Oven Baked Fries Vegetarian Burger w/ Oven Baked Fries Baby Carrots Apple Whole Fruit	14 Beef Nachos w/ Tortilla Chips Double Cheese Sandwich w/ Fuitable Juice Baby Carrots 100% Fruit Juice Whole Fruit	15 Build Your Own Turkey Tacos w/ Refried Beans & Tortillas or Veggie Tacos w/ Refried Beans & Tortillas Jicama & Bean Salad w/ Tajin Whole Fruit Banana	16 Baked Ziti w/ Meat Sauce & Dinner Roll Plant Based Chicken Tenders, Seasoned Wedges & Pancakes HS Baby Carrots Whole Fruit Orange	17 Mac & Cheese w/ Whole Grain Dessert Kale & Green Apple Salad w/ Ranch Whole Fruit 100% Fruit Juice
20 Cheeseburger w/ Oven Baked Fries Vegetarian Cheeseburger w/ Oven Baked Fries Baby Carrots Whole Fruit Apple	21 Beef Nachos w/ Tortilla Chips Bean & Cheese Nachos w/ Original Popped Chips Baby Carrots 100% Fruit Juice	22 Chicken Nuggets w/ Mashed Potatoes & Cheez Its Crackers Plant Based Chicken Teriyaki w/ "Not-So- Fried" Rice Sweet Edamame Salad Whole Fruit Banana	23 Spaghetti & Meatballs or Cheesy Spaghetti Baby Carrots Orange Whole Fruit	24 Hamburger w/ BBQ Popped Chips Vegetarian Burger w/ BBQ Popped Chips Whole Fruit 100% Fruit Juice
27 Beef Hot Dog w/ Oven Baked Fries Plant-Based Chicken Tenders w/ Oven Baked Fries Apple Whole Fruit	28 Beef Nachos w/ Tortilla Chips Cheese Tamale w/ Mixed Vegetables Baby Carrots 100% Fruit Juice Whole Fruit	29 Chicken Alfredo Pasta w/ Steamed Broccoli & Whole Grain Cookie Plant-Based Chicken Alfredo w/ Broccoli Tuscan White Bean Salad Whole Fruit Banana	30 Baked Ziti w/ Meat Sauce & Dinner Roll BBQ Plant-Based Chicken Tenders w/ Potato Wedges & Dinner Roll Whole Fruit Orange	

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

Breakfast includes one entrée, fruit, and fat free white milk, 1% white milk or Chocolate milk This institution is an equal opportunity provider.

